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BOOK REVIEWS

STANDARD SURGICAL DRESSINGS. By Nellie A. MacKenzie, R.N., Instructor of classes for the making of surgical dressings for war relief, National Civic Federation, Woman's Department, New England Section. Whitcomb and Barrows, Boston. Price 30 cents.

Probably all nurses graduate with the idea that they know how to prepare surgical dressings—but how many really know the actual size, measured by inches, or from exactly what grade of material they should be made when intended for special purposes? This information and much more which cannot fail to be of use, is given in the little book of 42 pages which the author has prepared, feeling herself its immediate need, and with the intention of revising it, “after the War is over.” Notwithstanding the minute detail, the simple instructions, and attractive illustrations, the book requires little space, so it can easily be carried about, and will be of value not only to nurses, but others who are engaged in relief work.

THE CONTROL OF HUNGER IN HEALTH AND DISEASE. By Anton Julius Carlson, Professor of Physiology, University of Chicago. The University of Chicago Press, Chicago, Ill. Price, \$2.00.

As in these days we are so frequently informed that all the ills which flesh is heir to are caused by too much or too little food, it was hoped that in reading this book one would learn just what one should or should not do in the line of gastric feats. While it may be a common practice, we do not often hear of the writers of books going so far as to test their theories by experiments on themselves, but this author feels such a deep interest in determining the relation of appetite to hunger (and several other things), that he began his investigations with the lowest forms of life and continued up to a test of himself and a friend, who joined him in a fast of five days' duration. Strange as it may seem, one finds a trace of humor in the description of the experiment, though more pleasure was evidently felt after its close.

This practical experiment no doubt enables the writer to testify to the statement which has often been made, and which he too, gives, that after one has suffered long enough, it is really not excessively painful